

# How To Use Art?



agoraascona.ch, event 066, may 2021



Art is an image of the world, of the external - and of the internal of an individual.

Art today helps in the (indirect) search for meaning of post-industrial man.

### Influence of art on mind and soul - critical attitudes:

- Plato: Art distracts from the actual reality, namely from the "ideas" behind every living being and object. Therefore, works of art are a distortion of the actual, i.e. illusion, deception. Too much art consumption leads to unhealthy, dangerous "stirring up" of the emotions.
- Immanuel Kant: The beautiful as "disinterested pleasure", without conceptual appropriation of the art object. Call for independent, aesthetic reflection without typical "pigeonholing".
- Friedrich Nietzsche: Art is a distraction from reality, which is ugly because of suffering and moral decline. The artist is a distractor without conscience or ideals, an illusionist, a hysterical liar, but one who contributes to short-term mental recreation.



(Foto: Maguy O.)

### **Influence of art on mind and soul - positive attitudes:**

- Paul Klee: "Art does not reproduce the visible, but art makes visible".
- Mark Rothko: You are sad, I am sad, and my artworks are places where both sadnesses can meet, and then we feel so much less sad and lonely.
- Alain De Botton 01: Art and museums are the new religion of post-industrial society. Art can help to know oneself, art consumption alleviates soul suffering and can be used for the purpose of self-therapy.



(Foto: museoascona.ch)

### **Targeted use of art consumption:**

Alain De Botton 02: What appeals to me about a particular work of art? Or what repels me? I think about this calmly and give the unconscious part of my soul a chance to enter into a dialogue with my conscious self.

→ accompanied method "Personality and Crisis Coaching in front of Art" (Marlen Nebelung/Jörg Reckhenrich/Peter Winkels): The joint, concentrated conversation between coachee and coach, for example in front of a painting, brings surprising, effective insights into one's own life and also brings to light approaches to solutions.